

Choco Fever Dream

Energy Balls – Healthy Easy No-Bake Snack

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup pitted dates, soaked 10 minutes
- [ ] 1/2 cup almond butter
- [ ] 1/4 cup maple syrup
- [ ] 1/4 cup shredded coconut, toasted

Flavor Boost

- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. Gather all ingredients; pit and soak dates in warm water for 10 minutes, then drain.
2. In a food processor, pulse rolled oats and toasted coconut until coarsely ground.
3. Add soaked dates, almond butter, maple syrup, lemon zest, vanilla, and sea salt. Process until the mixture sticks together when pressed.
4. Scoop a tablespoon of mixture and roll between palms into a ball; repeat for all.
5. Roll each ball in extra toasted coconut for a light coating, then place on a tray.
6. refrigerate for 20 minutes before serving. date nuts balls

Nutrition per serving

130 kcal	4 g	15 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, chill it briefly before shaping.
- Adjust sweetness by reducing maple syrup if desired.
- Feel free to add a pinch of cinnamon for extra warmth.